

Group Exercise Schedule

Effective: September 10, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM-6:30AM CYCLE Joanne (Cycle Ctr)	5:45AM-6:45AM ULTIMATE FUSION Germaine (Studio)	5:45AM-6:45AM POWER SCULPT Michele (Gym)	5:45AM-6:30AM CYCLE Germaine (Cycle Ctr)	5:45AM-6:45AM TOTAL BODY WORKS Michele/Gabby (Gym)	8:30AM-9:30AM CYCLE Joanne/Jen S (Cycle Ctr)	8:00AM-8:45AM AQUACISE Lynne (Pool)
7:00AM-7:45AM AQUACISE Joanne (Pool)	8:30AM-9:15AM EXPLORE THE BARRE PILATES Donna (Studio)	7:00AM-7:45AM AQUACISE Lynne (Pool)	9:00AM-9:45AM PADDLEBOARD (Pool) starting 10/10	7:00AM-7:45AM AQUACISE Katie (Pool)	8:30AM-9:30AM POWER SCULPT Bonnie (Gym)	8:30AM-9:30AM HIIT Amanda (Studio)
9:00AM-9:55AM CYCLE Denise C (Cycle Ctr)	9:30AM-10:15AM EXPLORE THE BARRE PILATES Joanne (Studio)	9:00AM-9:55AM CYCLE Lynne (Cycle Ctr)	9:00AM-10:00AM YOGA Denise (Studio)	9:15AM-10:00AM ZUMBA Vincent (Gym)	9:30AM-10:15AM EXPLORE THE BARRE PILATES Germaine (Studio)	9:00AM-10:00AM GET STARTED Lynne (Gym)
9:00AM-10:00AM TRX, KETTLEBELL & MORE Michele (Studio)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:00AM-10:00AM POWER SCULPT Michele (Gym)	9:00AM-10:00AM STEP & SCULPT Lynne (Gym)	9:00AM-10:00AM CYCLE Tara (Cycle Ctr)		9:00AM-10:00AM CYCLE Tara (Cycle Ctr)
10:00AM-10:45AM WATER BOOTCAMP Denise C (Pool)	10:00AM-10:45AM AQUACISE Tara (Pool)	10:00AM-10:45AM AQUACISE Lynne (Pool)	10:00AM-10:45AM GET STARTED Lynne (Gym)	9:00AM-10:00AM TRX, KETTLEBELL & MORE Denise C (Studio)	9:45AM-10:45AM BOX & BURN Janet (Gym)	9:45AM-10:45AM YOGA Jennifer G (Studio)
10:15AM-11:15AM YOGA Andrew (Studio)	10:00AM-10:45AM GET STARTED Lynne (Gym)	10:00AM-11:00AM GENTLE YOGA/ RESTORATIVE Susan (Studio)	10:00AM-10:45AM AQUACISE Tara (Pool)	10:00AM-10:45AM AQUA ZUMBA Vincent (Pool)		11:00AM-12:00PM ZUMBA Vincent (Studio)
1:00PM-1:45PM PADDLEBOARD (Pool) starting 10/7	11:00AM-12:00AM ROCK STEADY BOXING FOR PARKINSONS* (Studio) starting 10/8	4:00PM-4:45PM CYCLE Rebecca (Cycle Ctr)	1:00PM-2:00PM ROCK STEADY BOXING FOR PARKINSON * (Studio) starting 10/10	10:15AM-11:00AM PILATES Denise C (Studio)	11:00AM-12:00PM ROCK STEADY BOXING FOR PARKINSON * (Studio) starting 10/12	
5:00PM-5:45 PM DRY LAND/SWIM TEAM 13 over* Lynne (Studio)	4:00PM-4:45 PM TOTAL BODY Michele (Studio)	5:00PM-5:45 PM DRY LAND/SWIM TEAM 13* Lynne (Studio)				
5:45PM-6:30 PM DRY LAND/SWIM TEAM 11-12* Amanda (Gym)	5:00PM-5:45 PM DRY LAND/SWIM TEAM 11 & 12* Lynne (Studio)	6:00PM-6:55PM BOOT CAMP Amanda (Studio)	6:00PM-7:00PM YOGA Natasha (Studio)		<p>SIGN UP 24 hours in advance to reserve a spot in Yoga, TRX, Pilates, Box & Burn & Cycling & Paddleboard Classes.</p> <p>*Rock Steady Boxing for Parkinson & Dry land has an additional charge.</p>	
6:00PM-7:00PM BOX & BURN Janet (Studio)	6:00PM-7:00PM TOTAL BODY Bonnie (Studio)	7:00PM-8:00PM YOGA John (Studio)	6:30PM-7:15PM CYCLE Jen S (Cycle Ctr)			
7:00PM-8:00PM YOGA Catherine (Studio)	6:30PM-7:15PM CYCLE Lynne (Cycle Ctr)	7:00PM-8:00PM ROCK STEADY BOXING FOR PARKINSON* (Gym) starting 10/9	7:10PM-8:10PM ZUMBA TONING Natasha (Studio)		 <p>973-228-7665</p>	
	7:00PM-8:00PM YOGA Kirsty (Studio)	8:00PM-8:45PM PADDLEBOARD (Pool) starting 10/9				